

WHAT IS CLAIMED IS:

1. A composition comprising a plant extract
5 containing monomenthyl succinate as a coolant.

2. The composition of claim 1, wherein the plant
extract is isolated from a plant of the genus *Lycium* or
Mentha.

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3. The composition of claim 1, wherein the plant
extract is isolated from *Lycium barbarum* or *Mentha*
piperita.

15 4. A method for isolating a plant extract containing
monomenthyl succinate comprising:

mixing plant biomass with a solvent, wherein the plant
biomass is from a selected plant;
20 extracting the mixture; and
filtering the mixture to remove the plant biomass so
that a plant extract containing monomenthyl succinate
is isolated.

25 5. The method of claim 4, wherein the solvent is
ethanol.

6. The method of claim 4, wherein the selected plant is of the genus *Lycium* or *Mentha*.

7. The method of claim 4, wherein the selected plant
5 is *Lycium barbarum* or *Mentha piperita*.

8. A plant extract containing monomenthyl succinate isolated by the method of claim 4.